



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 09-12-12)

Visit us at [www.fns.usda.gov/fdd](http://www.fns.usda.gov/fdd)

### 100358 – POTATOES, FROZEN, ROUNDS, 5 LB

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>Frozen potato rounds, ¾ to 1 in. in diameter by 1 to 1¼ in. in length (no artificial color, preservatives, or flavor enhancers allowed).</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>6/5 lb bags.</li><li>One 5 lb bag AP yields about 15¼ cups baked potato rounds and provides about 61.0 ¼-cup servings (about 4 pieces) baked vegetable.</li><li>One lb AP yields about 3⅜ cups baked potato rounds and provides about 12.7 ¼-cup servings (about four pieces) baked vegetable.</li><li>CN Crediting: ¼ cup baked potato rounds (about 4 pieces) provides ¼ cup vegetable.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store frozen potatoes in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Keep potatoes frozen until ready to use. Remove from freezer only the quantity for one day's use. Spread frozen potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding potato rounds in the pan results in soggy potatoes.</li></ul>

#### Potato rounds

	4 pieces (38 g)
Calories	75
Protein	1 g
Carbohydrate	10.5 g
Dietary Fiber	1 g
Sugars	0 g
Total Fat	3 g
Saturated Fat	.5 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.18 mg
Calcium	0 mg
Sodium	115 mg
Magnesium	0 mg
Potassium	70 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0.53 mg
Vitamin E	0 g



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<b>PREPARATION/ COOKING INSTRUCTIONS (cont'd)</b>	<ul style="list-style-type: none"><li>• Cooking times are based on a full oven load, potatoes spread one layer deep:<ul style="list-style-type: none"><li>– Conventional oven at 475 °F for about 24 minutes; OR,</li><li>– Convection oven at 450 °F for about 15 minutes.</li></ul></li><li>• Heat until golden brown and crisp. SERVE IMMEDIATELY.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve potato rounds plain.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• Do not refreeze potatoes.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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